

# 50+ Recreation

## July 2016

Our mission is to enrich the lives of our citizens.

ISSUE 7

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

### Jazz & Rib Fest



**July 22-24**

**2016 Festival Hours:**

**Friday and Saturday, 11 a.m. – 11 p.m.**

**Sunday, 11 a.m. – 8:30 p.m.**

This highly anticipated summertime tradition offers both jazz and rib connoisseurs the finest in music and barbeque. With the addition of 33 acres of parkland along the Scioto Mile, the newly revitalized

downtown riverfront provides the perfect location for hot ribs and cool jazz. The festival offers three days of continuous jazz while barbeque pit masters serve up sizzling ribs, chicken and more. Savor the best ribs from around the country as 23 award-winning barbeque teams compete for "Best Ribs" bragging rights.

A few of this year's entertainers:

Doc Severinsen & Byron Stripling; Tower of Power; BWB: Norman Brown, Kirk Whalum, Rick Braun; Dirty Dozen Brass Band

For a complete line up and more information, visit [www.hottribscooljazz.com](http://www.hottribscooljazz.com).

### 50+ Water Exercise



Summer is just around the corner! Are you ready?  
CRPD outside pools are open!

#### Summer Water Aerobics

**Dodge** *Monday and Wednesday*

**Marion Franklin** *Tuesday and Thursday*

All the fun begins at 10 am.

#### July 2016

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Newsletter Editor: Wendy Frantz

645-7427

## Dance

### Gillie Dance

**Line Dance** *Beginners* **Tuesdays** *1 pm*  
*Advanced* **Tuesdays** *2 pm*  
*Intermediates* **Fridays** *10:30 am*

**Move & Groove** **Monday** *7:30 pm*

### **Tap Dance:**

**Advanced** **Wednesdays** *10 am*

**Beginning** **Wednesdays** *10:50 am*

**Ballet Class** **Wednesdays** *5 pm*

### **Gillie Wednesday Evening Dance Information**

**6:30 – 9 pm** **Admission: \$5**

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

*Weekly Themes:*

*July 6 Birthdays & Anniversaries*  
*(including our nation's 240<sup>th</sup>)*

*July 13 Inaugural Dance* 2  
*(Council Swearing In)*

*July 20 No Dance*  
*(Grandview Hawaiian Dance)*

*July 27 Christmas in July*

### Marion Franklin

### **Line Dance**

**Mondays, Wednesdays and Fridays** *10-11 am*

**Beginners** **Wednesdays** *11:15 am*

**Men's** **Tuesdays and Thursdays** *1 pm*

**Line Dance Workout** **Tuesday and Thursday** *10 am*

### **Evening Line Dance**

**Beginners** **Tuesdays and Thursdays** *5:30-6:30 pm*

*\$20 per person, per session*

## Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

**Shop Hours of Operation: Tuesday- Saturday**

**10 am – 5 pm**

**Free parking**

Golden Hobby Gift Shop is refreshed, reorganized and ready! Come browse new items for home and garden, big variety of gifts for grandchildren, unique additions from a dozen new talented consignors.

## Red Hat Activities

### Dodge

Trips for July are TBD. Keep an eye out at Dodge for trips! They are being planned and will be announced late June or early July!

Gillie's Fillies *Mark your Calendars!*

### **Private Pool Party at Dollie's**

**Tuesday, July 12** *Noon*

### **Lunch at Brewery District Kroger**

**Monday, August 15** *Meet at Gillie 11 am*

*Van transportation \$5*

### **Olivedale Senior Center, Lancaster**

**Friday, September 16** *Meet at Gillie 11 am*

*Van transportation \$5*

## Trips

**Dodge** **645-3176**

### **Caesar Creek Flea Market**

**Friday, July 15** *9:30 am* *Cost \$5*

Enjoy Flea Markets? Come with Dodge to take a trip down to Caesar Creek. This is a large event so bring comfy shoes to wander around the indoor and outdoor market. We will be having lunch and shopping to your hearts content. They have plenty to see from antiques, brand new and vintage items!

**Gillie** **645-3106**

### **Trip Policy:**

Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

### **Middleton Balloon Festival**

**Friday, July 8** *leaving at 1:30 pm* *Cost \$19*

Come and see the sky filled with beautiful colors and designs as we celebrate hot air balloons. We will also visit the stained glass factory where they make windows for churches. Dinner will be on your own.

**Caution: You will be walking in a field which has uneven surfaces. Register now.**

### **Mystery Lunch**

**Friday, July 15** *9:30 am* *Cost \$7*

Lunch on your own.

*Register beginning Friday, July 1.*

*Gillie trips continued on page 3.*

# Trips

**Gillie (continued) 645-3106**

**Gillie Graveyard Tours #4**

**Mound Cemetery & Flat Top Mound – Marietta**  
**Wednesday, August 24 8 am-5 pm Cost \$20**

The journey continues as we explore an early Pioneer and Native American graveyard in our quest to understand the world beyond the grave. Bring a snack and water for the ride.

Lunch on our own at Tonya's Country Kitchen.

**Registration begins August 10.**

**Broadway Babies**

**Friday, July 22 leave at 3:30 pm Cost \$38**

Join us for a "Sherlock Holmes" Mystery Theater.

Dinner will be on you. **Register Friday, July 15.**

**Mystery Trip**

**Friday, July 29 9:30 am Cost \$22**

**Register Friday, July 15.**

**Lunch with the President**

**Tuesday, August 23 Cost \$155**

Tour Stan Hywet Hall and Gardens, home to F.A. Seiberling, co-founder of the Goodyear Tire & Rubber Company. The estate includes five historic buildings and eight gardens on 70 acres. The collections and furnishings in the Manor House are all original. We will then enjoy lunch with President Lincoln and his wife Mary Todd Lincoln in Hudson, OH and on our way home we'll stop for an ice cream cone. **Register right now!**

**Marion Franklin 645-3612**

**Franklin County Fair**

**Tuesday, July 19 9 am-3 pm Cost \$10**

Cost includes transportation breakfast, lunch, and admission to fair. Please register at the front desk.

**Senior Day with the Columbus Clippers**

**Wednesday, July 20 11 am Cost \$15**

**DEADLINE to register: July 5**

Columbus vs Louisville

Cost includes transportation, box lunch and a reserved ticket to game. Please register at the front desk and select lunch option (lunch options are Peanut Butter and Jelly, Hot Dog or Turkey Dog). Box lunch also includes bag of chips, fruit and a drink.

**Jazz and Rib Festival**

**Friday, July 22 10:30 am-3:30 pm Cost \$5**

Cost covers transportation only. Please register at front desk.

**Marion Franklin 645-3612**

**Bargain Shopping**

**Tuesday, July 27 9:30 am Cost \$5**

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Must register at the front desk.

**Ohio State Fair Senior Day**

**Tuesday, August 2 Cost \$7**

Cost covers transportation and admission to fair. All fairgoers are invited to enjoy a free performance of That Mancini Magic! paying tribute to the timeless music of Henry Mancini, featuring Mac Frampton, Cecil Welch and The Moon River Orchestra in the WCOL Celeste Center at Noon. **Register front desk.**

**New!!! Ark Encounter and Creation Museum**

**Friday, August 26 Cost \$90**

Departure time has not yet been determined. Cost covers chartered bus transportation (gratuities included), admission to both the Ark and Creation Museums. The Ark Encounter, phase one is opening on July 7, 2016, is a one-of-a-kind, historically themed attraction. In an entertaining, educational and immersive way, it presents a number of historical events centered on Noah's Ark as recorded in the Bible. As the largest timber-frame structure in the US, the 510-foot-long full-size Ark is designed to be family-oriented, historically authentic, and environmentally friendly. Additional phases will be added over the years. Please note the Ark and Creation Museum is located in Kentucky; the total trip time is expected to be less than 12 hours but not guaranteed.

**Martin Janis 645-5954**

**Jungle Jim's**

**Friday, July 1 9:30 am**

**Cost: \$10 for transport, lunch on your own**

Jungle Jim's International Market in Fairfield is more than a grocery store, it's a destination! With more than 200,000 square feet of shopping space in each of our stores, there are over 150,000 products from which to choose. Visit the gift shops, boutiques, restaurants, international sections and specialty areas to name a few. Stop in for an hour or make a day of it.

**Martin Janis continued on page 4.**

# Trips

**Martin Janis (continued) 645-5954**

**The Ohio Challenge Hot Air Balloon Festival/Stained Glass Art Studio**

**Friday, July 8 1:30 pm**

**Cost: \$19 (includes guided tour of stained glass studio and admission to balloon show) lunch on your own**

The Ohio Challenge Hot Air Balloon Festival features a hot air balloon competition with over 40 hot air balloons, sky divers, food and craft vendors and more! Come with us to Middletown to see special shape balloons, the Friday Night Fireworks, or the beautiful balloon glows.

**Put-in-Bay**

**Thursday, July 14 8 am**

**Cost: \$10 for transportation; ferry ride to island \$14; island transportation and lunch on your own.**

Let's go to the lake for wine tasting, eating walleye, watching the boats, and historical sights!

**Whetstone 645-3217**

*Note: Any participant signing up for Whetstone trips must present payment at the time of registration.*

**ALL ARE WELCOME ON THIS TRIP!**

**Wednesday, July 13 10 am Free**

Join us in July for our annual trip to Plain City, OH to Yutzy's Farm Market.

**Please call Mike with any questions.**

**Mike's Taste of Italia**

**Wednesday, July 20 10:45 am Free**

This month's lunch is at Marcella's.

**Please call Mike with any questions.**

**Hikes with Mike**

**Wednesday, July 27 9:15 am Free**

This month's hike will be at the Blackhand Gorge State Nature Preserve in Newark, Ohio. Enjoy a nice hike along a paved trail along the Licking River, great rock formations, and beautiful flowers and trees.

**Please call Mike with any questions.**

**Café & Culture**

There will not be a Cafe & Culture trip in July.

**Please call Connie with any questions.**

## FountainSide at Bicentennial Park

### FOUNTAINSIDE PRESENTED BY [SUNNY 95](#)

Make a splash! Join us for **FountainSide presented by Sunny 95 (94.7 FM)** for a variety of **FREE children's activities**. This delightful Columbus Recreation and Parks Department series offers water play and fountain fun at the 15,000 square-foot interactive fountain in Bicentennial Park on select **Wednesdays** throughout the summer from **11:30 a.m. to 1:30 p.m.** An array of themed activities, games, arts and crafts await—get ready to jump into summer with our favorite fountain frog, visit with barnyard friends, learn how to prepare healthy foods, and stay active all summer long. As always, [Sunny 95](#) will be on site to cool you off with free ice cream from the [Lazer Kraze](#) Treat Truck.

Grab a blanket and enjoy a picnic in the park! [Donatos](#) will be in the park with delicious pizza — buy a slice or an entire pie, and savor those *edge to edge toppings* all summer long.

**Wednesday, July 6 Soak up the Sun**

Explore science under the sun with [COSI on Wheels](#). Dive into summer writing activities with [Thurber House](#) and learn about incredible creatures with [The Turtle Lady](#). Cool off with the [Columbus Blue Jackets](#) while practicing your hockey skills.

**Wednesday, July 13 Leap into Learning**

Hop around with the Fountain Frog! Learn how [Pilot Dogs](#) help the visually impaired and meet a pup in training. Even though it's summer, you can keep on learning with [CDC Head Start](#). Put on your creativity cap with [OSU Urban Arts Space](#) as you construct your own puzzle.

**Wednesday, July 27 Dig into Farm Life**

Spend some time with our feathered and furry friends from [Bring the Farm to You](#). Design your own farm life mandala with [Kya's Crusade](#). Get your hands dirty with [Lowe's](#). Go back in time with [Ohio History Connection](#) and [Slate Run Living Historical Farm](#).

# The Scioto Mile

## OUTDOOR PERFORMANCES AT THE BICENTENNIAL PARK PERFORMING ARTS PAVILION – ACTIVITIES ARE FREE

### FRIDAY JULY 8

#### RHYTHM ON THE RIVER PRESENTS POPGUN AT 7:30 P.M.

Comprised of some of Central Ohio's most practiced musicians, Popgun puts a spunky spin on a variety of classic pop tunes. Group members also perform with other outstanding bands from the area, including the Floorwalkers, HooDoo Soul Band, Strutterfly and the Dan White Sextet.



#### MOVIES ON THE MILE PRESENTS BACK TO THE FUTURE AT DUSK

After musing about whether he would have befriended his father if they had been school-mates, Bob Gale wrote the 1985 science-fiction adventure comedy Back to the Future. Now a cinema classic, the film tells the story of Marty McFly (Michael J. Fox) who is accidentally sent thirty years into the past to 1955 in a time-traveling DeLorean invented by his friend, Dr. Emmett Brown. In an effort to save his own existence, Marty must make sure his young parents fall in love. Following its 1985 release, Back to the Future grossed over \$389 million worldwide, marking the beginning of a franchise with two sequels, an animated series, theme park ride, several video games and a forthcoming musical.

### FRIDAY JULY 15

#### RHYTHM ON THE RIVER PRESENTS LADYSMITH BLACK MAMBAZO AT 8 P.M.



With a deep respect for both its cultural and personal history, Ladysmith Black Mambazo is an ever-evolving group with a significant legacy. Noted as South Africa's Cultural Ambassadors to the world by Nelson Mandela, Ladysmith Black Mambazo has achieved sixteen nominations and four Grammy awards since it was founded in 1960. Over time, members of the all-male choral group have welcomed a younger generation in their mission to pass along the tradition of storytelling and spreading their message of peace, love, and harmony to millions of people.

### FRIDAY JULY 29

#### RHYTHM ON THE RIVER PRESENTS OMAR COLEMAN & THE BYRON STRIPLING BLUES BAND FEATURING BOBBY FLOYD, DEREK DICENZO AND JIM RUPP | SEAN CARNEY BAND AT 7:30 P.M.

Omar Coleman has established himself as a premier harmonica player and one of the most authentic and dynamic performers on the Chicago blues scene. With a voice soulful beyond his years, Omar has been blowing away audiences around the world with his distinct, fiery harmonica skills. Backed by an all-star band of world class musicians including The Byron Stripling Blues Band, Bobby Floyd, Derek DiCenzo and Jim Rupp, this is a show not to be missed!



For more information, visit [www.SciotoMile.com](http://www.SciotoMile.com).

Dodge will be closed Monday, July 4 for Independence Day.

**Senior Council Meeting**

*Tuesday, July 12 1 pm*

**Walk with the Doc**

*Saturdays, July 9 & 23 8:30 am*

Come help Dodge keep the Walk with a Doc trophy this year. Bring your walking shoes and take some steps to be healthy!

**Free Fresh Produce**

*1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month- July 14 & 28*

Arrive early to sign up and receive a number! Produce will begin at **3-6 pm** (or until the produce runs out). Bring your own boxes, bags, and carts to carry it home.

**Do you any have questions concerning Medicare?**

*Friday, July 1 10-11:30 am*

If you have Medicare or are looking to get Medicare this is the perfect opportunity to find out more! Daniel Rankin from Medical Mutual will be at Dodge Multi-Generational Center to discuss any questions you may have with your Medicare. Dan will be available to answer your questions.

**July has many interesting monthly celebrations!**

National Blueberry Month, National Hot Dog Month and National Ice Cream Month! There are many ways to celebrate July besides just fireworks! Have some Blueberry Ice Cream on a hot day, or go to a ballgame and have a Hotdog! Whatever you do; enjoy this July, the second month of Summer!

**Dodge Chorus**

*Tuesdays 1 pm*

Would you like to sing? Do you enjoy performing at events? Dodge Chorus travels to different sites and performs at various events come join the fun! Join Dodge's Chorus as we are always looking for new members.

**Bingo** *Thursdays 11-11:55 am*

**Tai Chi with Michael**



*Mondays 3-4:30 pm*

Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

**\*Important Announcement\*** Upcoming events During Red, White, and Boom the CRC will be fundraising this year by charging for parking at Dodge.

**Classes**

<b>Wii Bowling</b>	<i>Mondays</i>	<i>9-11 am</i>
<b>Crochet</b>	<i>Wednesdays</i>	<i>1-3 pm</i>
<b>Quilting</b>	<i>Tuesdays</i>	<i>9 am</i>
<b>Walking Group</b>	<i>Mon, Wed, Thurs</i>	<i>9-10 am</i>
<b>Shuffleboard</b>	<i>Thursdays</i>	<i>10:15-10:55 am</i>
<b>Coloring Club</b>	<i>Tuesdays</i>	<i>3:30-4:30 pm</i>
<b>Chair Volleyball</b>	<i>Mondays &amp; Thursdays</i>	<i>1-3 pm</i>
<b>Dodge Handymen and Woodshop</b>	<i>Mondays</i>	<i>1 pm</i>
<b>50+ Sewing</b>	<i>Tuesdays</i>	<i>1:30-4:30 pm</i>
<b>50+ Alterations</b>	<i>Thursdays</i>	<i>1-4 pm</i>
<b>Recycle Art</b>	<i>Mondays</i>	<i>1:30-3:30 pm</i>
<b>Painting: Step by Step</b>	<i>Tuesdays</i>	<i>8:30-10:30 am</i>
<b>Pickleball</b>	<i>Tuesdays &amp; Thursdays</i>	<i>9:30-10 am</i>
<b>Ceramics</b>	<i>Fridays</i>	<i>Noon-3 pm</i>
<b>Drawing</b>	<i>Fridays</i>	<i>1:30-3:30pm</i>

**...AND MORE!**

**Join the Dodge Service Circle**

*Wednesdays 9 am-1 pm*

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

**\*Volunteer Opportunities**

\*Are you interested in volunteering at Dodge? We are always looking for volunteers to help out with special events, especially with set up, serving food or clean up. Do you have a special talent or skill that you would like to share or teach a class? Would you like to perform at a special event? Please Sign up at the front Desk or contact **Holly at [HMWetmore@columbus.gov](mailto:HMWetmore@columbus.gov)**

**50+ Gardening Club**

\*Do you have a green thumb? Do you love gardening? We are interested in bringing our Gardening Club back for the summer. If you would like to be in our 50+ Garden Club at Dodge, and help with the community garden Please Contact Michael Dominguez **[MMDominguez@columbus.gov](mailto:MMDominguez@columbus.gov)**



Gillie will be **CLOSED** Monday, July 4<sup>th</sup> in honor of Independence Day.

### National Cherry Pit Spitting Day

**Thursday, July 7 12:30 pm**

Warm ups start at Noon. Prizes for distance, best in show and multiple shot. Register at the front desk.

### BINGO

**Mondays, July 11 & 25 1 pm**

### OSU Extension Service with Lisa Gibson

**Friday, July 8 9:30 am**

### Veteran's Group

**Friday, July 1 1 pm**

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq, and Afghanistan and beyond. We need your help to keep our ranks marching strong. Join us the first Friday of each month.

### Eat Better, Feel Better

**Tuesday, July 12 11 am**

Registered Dietitian Leonor Button from LifeCare Alliance presents: *No cook meals*.

### Alzheimer's Association

**Tuesday, July 12**

**~Support Group 12:30 pm** Everyone is invited.

**~Private Consultations 1:30-4 pm**

For yourself or a caregiver; by appointment (457-6003).

### Senior Recreation Council Meeting

**Wednesday, July 13 1 pm**

### History Roundtable

**Wednesday, July 13 1 pm**

**Topic-** "Forage in Ohio;" the foods of our ancestors and the roots of modern agriculture.

### All American Cookout

**Tuesday, July 12 11:30 am**

Join us for fun in the sun for our cookout at the **Gillie Café**. We'll be serving barbeque chicken, potato salad, and baked beans just to name a few tasty items. DJ Steve Parker will be there to spin the summer hits and we'll play a few summer games for fun and prizes. Line dancing will follow at 1 pm with Lynne and David. **No tickets necessary, regular canteen prices will apply to lunch items.**

### Columbus Speech & Hearing

**Thursday, July 21 10 am -3:30 pm**

To schedule an appointment, call 261-5452.

### Giant Shuttlecock

**Mondays, starting July 18 10 am**

Same as the regular game except bigger and plays a little slower for us older folks.

### SHOES 4 DIABETICS -Therapeutic Shoe Clinic

**Tuesday, July 19 11 am**

If you are eligible or interested in ordering therapeutic shoes please **register at the front desk**. You must **bring your insurance and doctor information to the clinic on July 19**.

### Gillie Council Cookout

**Thursday, July 21 11:30 am – 12:30 pm Free**

Come greet Gillie's newly installed council members while we sit down to a great cook out meal.

### Christmas in July Flea Market

**Friday, July 29 9 am-2 pm**

Come and shop for unique gift items and collectables at our summer flea market. Local vendors will be setting up shop in our auditorium to bring to you great buys for the holidays and every occasion.

**Vendors: 8 ft. tables are available for \$15. You may sell anything except for food, alcohol any weapons or fire arms. Sign up now while tables last.**

### Mark Your Calendars!

### Paper Craft Garage Sale

**Saturday, August 13 10 am-2 pm**

Are you a creative person who enjoys scrapbooking, card making or similar crafts? Then this is the sale for you. Dozens of vendors will be here to offer wonderful bargains on paper, stamps, punches and much more. So mark your calendars and join us. Food will be available for sale.

### Mammogram Screening with the Columbus Cancer Clinic

**Thursday, August 18 starting at 9:30 am**

If you are at least 50 years of age, have no current breast problems and it has been at least one year since your last routine, you are eligible to schedule an appointment. For more information and to make an appointment, **please call the Columbus Cancer Clinic at 614-263-5006.**

**Lazelle Woods Intergenerational Center**

**Anna Marie Brown, Center Manager**

**Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm**

**8140 Sancus Blvd., 43081**

**645-5330**

**Pickle Ball**    *Mondays*    *10 am-Noon and*  
                         *Wednesdays*    *1-3 pm*  
                         *Fridays*    *8:30-10 am*

***\$5 for 2 months play***

**Monday**

Zumba Fit Fuzion                      8:30-9:30am    \$28

Lunch Indoor Cycling                1-1:45pm       \$10

Tae Kwon Do Beginners              7-7:30pm       \$35

**Tuesday**

Aiki Ju Jitsu                              6:30-8:30pm    \$35

**Wednesday**

Lunch Indoor Cycling                1-1:45pm       \$10

Yoga                                        6:30-7:30pm    \$30

**Thursday**

Zumba Fit Fuzion                      9:30-10:30am   \$28

Fundamentals of Watercolor        6-8pm    \$50

**Friday**

Pottery / Ceramics                    Noon-2pm       \$35

Lunch Indoor Cycling                1-1:45pm       \$10

8:30-9:30am    \$24

**Check with center or website for complete listing of classes.**

**COAAA Central Ohio Area Agency on Aging**

**174 E. Long St., 43215**

**645-7250**

***Let the Calendar Photo Contest Begin!***

The sponsors said "yes" to a 2017 Senior Centers Calendar. Once again, the calendar will spotlight the creativity of photographers who are at least 50 years of age, from central Ohio community/senior centers. The free calendar is presented annually by the Central Ohio Area Agency on Aging (COAAA) through the generosity of title co-sponsors, Simms Homecare and the Franklin County Office on Aging.

Capturing the spirit of central Ohio through the photographer's eyes, each month of the calendar will feature a winning photo taken in one of eight central Ohio counties: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union.

The deadline for photo entries is **August 31**. The maximum number of entries per photographer is 5 photos, and color photos must be in a horizontal (landscape) format with the image resolution sharp enough for enlargement to fit on a month of the calendar (11" wide x 8-1/2" tall).

Photo contest entry forms will be available in the centers by mid-June. Digital photos may be e-mailed as .jpg file attachments to [coaaa@coaaa.org](mailto:coaaa@coaaa.org), or prints may be mailed to COAAA Photo Contest, 3776 S. High St., Columbus OH 43207.

Over 10,000 free full-color calendars will be delivered to over 50 central Ohio community/senior centers in November 2016. In addition, the winning photos will be posted on COAAA's website, with a special thank-you to the calendar title co-sponsors, Simms Homecare and the Franklin County Office on Aging.

If you have any questions, please call or e-mail Bonnie Ackerman or Steven Centofanti at COAAA, 614-645-7250 or 1-800-589-7277; [backerman@coaaa.org](mailto:backerman@coaaa.org) or [scenotofanti@coaaa.org](mailto:scenotofanti@coaaa.org).



## Marion Franklin Intergenerational Center

Anthony Dawkins, Center Manager

645-3612

2801 Lockbourne Road, 43207

Hours: Monday - Friday 8 am - 5 pm

*The Center will be closed Monday, July 4th in observance of Independence Day*

### July is UV Safety Month

[www.skincancer.org/prevention](http://www.skincancer.org/prevention) or

[www.foh.hhs.gov/UVIQ](http://www.foh.hhs.gov/UVIQ)

*The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin. Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. The good news? Skin cancer can be prevented. The purpose of UV Safety Month is to heighten the awareness of health problems and encourage the everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.*

### Marion Franklin Dining Center

**Lunch: Tuesday-Thursday 11 am-1 pm**

*LifeCare Alliance...Nourishing the Human Spirit*

*For those aged 60+, lunch is provided for a suggested contribution of \$1.50. Additionally transportation is provided for a roundtrip contribution of \$1.25. To reserve lunch or transportation, call 614-278-3153.*

### Free Produce

**Thursday, July 28 2 pm**

### Book Club Discussion & Social

**Every 2<sup>nd</sup> Wednesday - July 13 1-3 pm**

**Book:** The Memory Keeper's Daughter

**Author:** Kim Edwards

*Dates and Times are subject to change; please call the center if you plan to attend.*

### Classic 8 Ball Tournament

**Wednesday, July 13 3 pm Entry Fee \$1**

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included in entry fee. Please register at the front desk.

### Underground Railroad

**Meets 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month at 2:30 pm.**

### Tai Chi

Advanced Classes **Monday/Wednesday 11 am-Noon**

Beginners' Class **Wednesdays 12:30 pm**

**Certified Instructor Darryl Green**, who is the Grand Master of Children of the Sun and A.S.P. Martial Arts Academy. For more information, contact Darryl @ 614-625-8677 or [greendarryl61@gmail.com](mailto:greendarryl61@gmail.com).

### BINGO

**Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 1-3 pm**

### Pokeno

**Every Wednesday 1-3 pm**

### New: Tripoley

**Every Friday 1-4 pm**

### Afternoon Workout

**4-5pm**

### Tennis

**Monday, Wednesday & Friday 8:30 am**

Weather permitting. Meet at courts.

### Needlework Social Club

**Every Mon/Thurs 1-4 pm**

**Nurse Barbara Parker**, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

### Arthritis Foundation Exercise Program

**Every Tuesday & Thursday 10 am**

### Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

## Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

*Walks are held inside during bad weather.*



**2016 Walking Dates 8:30 - 9:30 am**

#### Indian Mound & Woodward Park

July 2, 16  
Aug 6, 20  
Sept 3, 17  
Oct 1, 15  
Nov 5

#### Far East & Dodge

July 9, 23  
Aug 13, 27  
Sept 10, 24  
Oct 8, 22  
Nov 12

**Martin Janis will be closed Monday, July 4 in observance of Independence Day.**



**Visit the Martin Janis 50+ Center During the Ohio State Fair! July 27 – August 7**

We will have daily entertainment, both inside and outside on our patio; good food, demonstrations, Model Railroad, Lapidary and Stained Glass classrooms will all be open, and the lapidary, stained glass and woodshop will have items for sale on the main floor and in the Stained Glass classroom downstairs! Stop in for air-conditioned comfort and fun!

**Senior Day at the Fair!**

**Tuesday, August 2**

Seniors ages 60 and up can enjoy reduced admission of just \$4.00 at any gate all day long. In addition, our center is always buzzing with excitement on Senior Day! We'll have special activities and fun all day long.

**Joining us at the State Fair:**

**The Buckeye Singers and the Ballroom Express Dancing Showcase** will be performing at the Fair. Check State Fair daily schedules for dates/times.



**Coffee Club**

**Wednesdays 9 am**

Come join the engaging conversation. New friends always welcome!

Coffee club will not meet July 27 and August 3. We will meet again on August 10!

**"Breakfast for Lunch"**

**Wednesday, July 6 11:30 am**

Come in and enjoy the wonderful breakfast specials and quiche our talented kitchen staff serves once a month.

**Martin Janis Senior Council**

Due to State Fair, next meeting is August 24.

**We serve lunch every day, Monday- Friday from 11:30 am – 12:30 pm!**

**During the State Fair, the time is extended from 11:30 am – 3 pm.**

**See you at the Fair!**

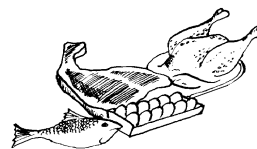
**Join the "Adult Coloring Book" rage!**

**Wednesdays 1 pm**

Come on in and join 'Jack and Gina's Coloring Club!' We will provide individual sheets and coloring pencils to get you started, then bring in your own books and supplies. There's a whole variety of pre-designed books available; and we can swap and share as we go! No fee, but \$1.00 donation per class would be appreciated to buy pens, pencils and extra books. Check at front desk or call 614-645-5954 for more details.

**Gregg's Health Corner:**

**Washing Meat and Poultry -** According to the



USDA washing raw poultry, beef, pork, lamb, or veal before cooking it is not recommended. Bacteria in raw meat and poultry juices can be spread to

other foods, utensils, and surfaces. We call this cross-contamination. Some consumers think they are removing bacteria and making their meat or poultry safe. However, some of the bacteria are so tightly attached that you could not remove them no matter how many times you washed. But there are other types of bacteria that can be easily washed off and splashed on the surfaces of your kitchen. Failure to clean these contaminated areas can lead to foodborne illness. Cooking (baking, broiling, boiling, and grilling) to the right temperature kills the bacteria, so washing food is not necessary.

**Save the Date!**

**August 15-20**

Martin Janis will be closed for cleaning. No day or night classes or events will be held. Instructors are encouraged to clean and organize their classrooms.

**Martin Janis Annual Health Fair!**

**Thursday, August 25**

Don't miss this year's fair with presentations highlighting good health. We also plan to offer senior friendly fitness demonstrations and a special heart-healthy lunch!

*\*Participants must present payment upon registration for all activities with fees.\**



**Canasta**

***Mondays 1:30-3:30 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; Noon-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; Noon-3 pm; Free; Community Room***

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3<sup>rd</sup> Thursday of the month.

***This month's workshop is Thursday, July 21;***

***11 am-Noon; regular play begins after workshop.***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***



Come join us on Mondays for the best lunch deal around. The warmer months are upon us so it's time to alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

***Contact the center with any questions.***

**Open Pickle Ball \$20 for a one year pass**

***Mondays: 11 am-1 pm Beginner-Intermediate***  
***1:30-3:30 pm Advanced***

***Fridays: 11 am-1 pm Beginner-Intermediate***  
***1:30-3:30 pm Advanced***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

**International Folk Dancing**

***Mondays 7-8:45 pm Free***

***NOTE- June 6-August 22 this class will be held outside in the Park of Roses and will only meet on the 1<sup>st</sup> & 3<sup>rd</sup> Mondays of the month.***

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."



***Contact the center with any questions.***

**Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. ***Contact the center with questions about meeting times.***

**Monthly Friday Potlucks**

***Friday, July 22 Noon***

Potlucks are on the 3<sup>rd</sup> Friday of every month. The senior council provides a meat dish.

***No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.***

***Please call the center in advance for your reservation, so we know how much food to prepare.***

**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

***Full Body Conditioning with Char***

Wednesdays & Fridays 9:15-10:15am/ \$60 for 3 days a week; \$50 for 2 days; choose 1 day for \$30

***Wii Bowling*** Tuesdays 10:30am-Noon/ *Free*  
(Everyone comes at this time.)

***The Body Shop Workout*** Tues./Thurs. 3:45, 4:45 & 5:45 pm/ \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

***Poetry & Prose*** Thursdays 1-3pm/ *Free*

***Woodcarving*** Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6 pm/ *Free/* Bring your own supplies.

***Wood Chippers*** Wednesdays 9 am-Noon/ *Free/* Bring your own supplies

***Open Walking- Gym*** M, T, Th, & F 8-9:15am/*Free*  
***Fearless Falling (Adult Safety Skills)*** Fridays 10:30-11:30am/ \$30

***Chair Yoga*** Wednesdays 11:15-11:45am/ \$25

***Gentle Yoga*** Wednesdays 10-11am or 7:15-8:15pm/\$40 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT  
1111 EAST BROAD STREET, SUITE 103  
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**Senior Day at the Fair!**  
***Tuesday, August 2***

Seniors ages 60 and up can enjoy  
reduced admission of just \$4.00 at any  
gate all day long.

Be sure to stop by Marin Janis for  
more festivities and lunch.



**All centers will be closed**  
**Monday, July 4 in observance of**  
**Independence Day.**